



Commander's Corner

Memorial Day Message from AFRC Leadership

Memorial Day not only marks the transition from Spring to Summer, but it is a day to remember those who fought and died in service to our country.

It is a time-honored practice in our great Nation marked by celebrations, remembrance ceremonies, parades, picnics and family gatherings across the country.

This year's celebrations will look different in order to mitigate the spread of COVID-19. While some gatherings will be virtual, the Command Chief and I hope that you will have the opportunity to connect with those you love.

As you safely come together during this well-deserved break, please keep the true meaning of the holiday in mind.

For over 240 years, our Nation's service members have protected our freedom and way of life. From its inception as Decoration Day in 1866 to honor the lives lost during the Civil War, to its formal recognition as Memorial Day in 1971, we stand as a nation to honor the sacrifice of our fallen heroes.

Every generation since the beginning of our nation has answered the call to defend and preserve our liberties. Today, as an Air Force Reserve, we stand ready with our brothers and sisters in arms to provide combat power for the American people.

However, in light of the present environment, we ask that you remember those who are on the frontlines responding to COVID-19. Remember first responders, health care workers, essential workers and your fellow Reservists who are in harm's way against an unforeseen enemy.



Command Chief White and I are impressed daily by your service, dedication, and resilience. We thank you and your families for your sacrifice. We are proud to serve alongside each and every one of you.

You make a difference. Stay healthy, stay safe, and stay connected!

We wish you all a peaceful Memorial Day and an enjoyable long weekend.

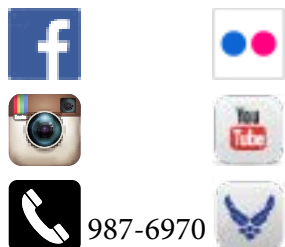
TIMOTHY C. WHITE, JR.
Chief Master Sergeant, USAF
Command Chief

RICHARD W. SCOBEE
Lieutenant General, USAF
Commander

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Contact Us:



Helpful COVID-19 Links



Updated DoD Travel Restrictions (20 April)

[Click here for 913 AG official memo](#)

[Air Force COVID website](#)

[AFRC COVID website](#)

[Little Rock AFB COVID website](#)

[AR Dept. of Health](#)

[CDC Website](#)

[DoD Updates](#)

[Tricare COVID website](#)

Air Force News

Reserve group flyover honors Arkansas healthcare workers

The Air Force Reserve 913th Airlift Group honored healthcare workers, first responders and essential workers who are on the frontlines of the COVID-19 pandemic by flying C-130's Hercules over hospitals across central Arkansas, May 8.

The flyover is part of an Air Force effort to show support and appreciation. There were four C-130 aircraft to represent the main Air Force flying units at Little Rock Air Force Base. The multiple aircraft formations made its way from Jacksonville and split into different formations in order to reach Conway, Hot Springs, Pine Bluff, Little Rock, Searcy, Fayetteville, Jonesboro, and West Memphis before returning back to base.

"It feels like an understatement to say that this is a challenging time for our country," said Lt. Col. Paul Campbell, 327th Airlift Squadron director of operations. "While our struggles may feel individual we are collectively coping with the impact. Our goal of this special flyover is to not only say thank you to all those healthcare workers who are on the frontline battling this virus, but to also show unity with our community in this difficult time."

[Click here to read more](#)



Duty to deploy: Senior Master Sgt. Rohauer's story



The Rohauer family is no stranger to the military life. Senior Master Sgt. Joy Rohauer, 913th Airlift Group safety superintendent, recently returned from her first deployment.

Throughout her career she has supported her family while her husband deployed many times.

"I feel as military members, it is our duty," said Rohauer. "Due to timing and the particular jobs held, I've never deployed and it was weighing on my conscious. I've served for more than 20 years and it was the very least I could do."

Rohauer served as the Air Force Central Command's occupational safety superintendent, evaluating health and safety programs that maintain health, safety and increase productivity of the fighting force. During her deployment, she conducted site visits to various installations located throughout Southwest Asia to include Jordan, Iraq, and Kuwait.

"My deployment broadened my experience to the various safety programs and interest items unique to each mission and location," Rohauer said. "There is always more to learn and I'm engaging with other units to remain knowledgeable of those programs."

[Click here to read more](#)

Development & Training Flight going digital

All aspects of the Air Force Reserve mission have adjusted to stave off COVID-19. The 913th Airlift Group's Development and Training Flight has leveraged technology to continue to prepare trainees for basic training.

The D&TF program helps future Reserve Citizen Airmen prepare for the transition from civilian to military life.

As the program manager, Master Sgt. Debra Gingrich works closely with new recruits to coordinate administrative paperwork, organize physical fitness classes, and provide introductory training during unit training assembly weekends.

"The program has help me tremendously prepare and answered many random questions," said Anna Miller, high school senior and D&TF trainee. "I can't wait to start my Air Force career, go on adventures, and travel the world."

"I uploaded my lesson plans and helpful information into the unit's Air Force Connect app," said Gingrich. "The new telework situation we are facing makes that app an essential tool for my trainees, especially the new trainees I haven't met face-to-face yet."



[Click here to read more](#)

Congratulations

Newly Promoted Members

Congrats to those below who promoted in May!

Senior Airman Kennedi Jackson - FSS
 Senior Airman Samuel Kidd - AMDS
 Airman Jamerick Armstead - FSS
 Sirman Ryan Simpson - FSS
 Senior Master Sgt. Katie Widger - FSS

The Civilian Course Conversion Table for CCAF Degrees

With many institutions offering free or reduced cost courses to CCAF students during the COVID-19 pandemic, students need to be sure the course is delivered by an accredited institution and approved by CCAF if the intent is for the course to satisfy a CCAF degree requirement. The Civilian Course Conversion Table (CivCCT) lists all civilian college courses evaluated by CCAF for acceptance in-transfer and application toward specific degree requirements. CCAF students and Advisors should use the CivCCT self-help research tool to assist in making course enrollment decisions for completing CCAF education goals.

CivCCT is hosted on the CCAF Online Services website and is accessible through the Air Force Virtual Education Center (AFVEC) at <https://afvec.us.af.mil/>.

MilSpouse Money Mission



The Department of Defense (DoD) Office of Financial Readiness introduced [MilSpouse Money Mission](#), a NEW financial education tool just for military spouses on Monday, May 11th. MilSpouse Money Mission is the DoD's primary resource designed to provide military spouses with the trusted information needed to be actively involved in managing their families financial well-being. Primary focuses and functions are:

- Money Ready – a guide for supporting spouses in tackling a variety of financial topics most relevant to their current situations
- MilLife Milestones – a resource to help them make smart money moves during life's big moments
- Videos – features financial tips and tools by military spouses for military spouses
- Blog – covers the latest and greatest money-related topics and issues
- Resources – military support links, financial calculators, quizzes and more
- Social Media – community support and motivation to help spouses lead their best financial lives

[Click here to read more](#)

Did you know?

Free online courses for CCAF

A lot of Airmen are only 7 classes from their CCAF, even if no college course have been taken.

- Public speaking
- English composition
- Mathematics
- Social science
- Humanities
- Principles of management
- Human resource management

Due to Covid-19, the courses offered in the link are self-paced and free until 31 July 2020. These courses will transfer in for the CCAF per their website.

[Click here to read more](#)

If you desire furthering your education past the CCAF, you can leverage that degree and take advantage of the Air University-Associate-to-Baccalaureate Cooperative program, (AU-ABC) program. For those unaware, the AU-ABC program is a partnership between the USAF and other colleges to give you 60 credits towards a Bachelor's degree.

[Click here to read more](#)

Tutor.com is free

Tutor.com is part of the Military OneSource Morale, Welfare and Recreation Digital Library, funded by the DoD and Coast Guard Mutual Assistance. It offers homework and test prep assistance at no cost to military families 24/7 from live, online tutors in over 100+ subjects to grades K-12 and college students.

[Click here to read more](#)

Health and Wellness

COVID-19 HOPE: Resources for Military Service Members and their families

During the COVID-19 pandemic, we want to remind you that the Human Performance Resources by CHAMP team is here to support you and share information you and your loved ones might find useful to help you cope. Whether you've been called up, you're getting ready to deploy, or you're just struggling to manage this unfamiliar landscape, we've got HOPE* to share with you.

*Honesty | Optimism | Professionalism | Empathy



Courtesy of Human Performance Resources

[Click here to visit Human Performance Resources](#)



Little Rock Air Force Base Chapel will be providing Facebook Livestream worship services each Sunday.

The times are:
9 a.m. - Catholic Mass
11 a.m. - Protestant Service

They continue to offer the Sacrament of Confession at the chapel. Check their Facebook page for updates.

[Click here to see the LRAFB Chapel Facebook page](#)

[Stress Relief during COVID-19 Brochure](#)

Personnel scheduled to physically show for drill are requested to answer the "Safe to Work" questions below. Communicate with your supervisors if you have questions or concerns.

[Updated DoD Travel Restrictions \(22 May\)](#)
[AFRC/CC's Intent](#)
[AFRC COVID website](#)
[AFRC Q&As](#)
[Fitness Test Suspended \(22 May\)](#)


913th Airlift Group Safe to Work Questions

Have you directly and persistently been exposed to someone who has tested positive for COVID-19 in the past 14 days?

NO →

Have you experienced a persistent fever over 100.4° F in the past 14 days?

NO →

Have you experienced a persistent cough in the past 14 days?

NO →

Have you experienced persistent shortness of breath in the past 14 days?

NO

YES

YES

YES

YES

Do you have any other symptoms?

NO → Self-monitor and wear a mask. Proceed to next question above.

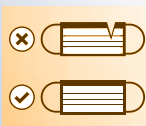
YES → Consult with squadron leadership if you should stay home or come to drill.

GO TO DRILL

You must be physically present at drill weekend with appropriate PPE.

If member is not having symptoms (fever, chills, body aches, persistent cough or shortness of breath) then member must self-monitor and wear a mask.

How to Wear Cloth Face Coverings



CHECK YOUR MASK
Make sure it's not damaged



SECURE YOUR MASK
Secure the strings behind your head or over your ears



COVER YOUR MOUTH AND NOSE FULLY
make sure there are no gaps

Cloth face coverings should —

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape.

UTA Schedule

Fiscal Year 20 UTA Schedule

~~5-6 October 2019~~

~~2-3 November 2019~~

~~7-8 December 2019~~

~~11-12 January 2020~~

~~8-9 February 2020~~

~~7-8 March 2020~~

~~2-5 April 2020~~ (rescheduled; units will coordinate future UTA)

~~2-3 May 2020~~ (rescheduled; units will coordinate future UTA)

6-7 June 2020 (Medical appointments only)

No July UTA

1-2 August 2020

12-13 September 2020

14-17 September 2020 (potential make-up UTA if necessary)

Base Happenings



TEAM LITTLE ROCK

Services Update

Valid as of 21 May 2020

LRAFB HPCON
C

● OPEN
 ▲ REDUCED SERVICES
 ▲ APPOINTMENT ONLY
 ■ CLOSED
 Area code: (501)

<ul style="list-style-type: none"> ● A&FRC 987-2667 ● ALTERATIONS 988-1050 ● AUTO HOBBY 987-6803 ▲ BARBER SHOP 988-1160 ● BASE EXCHANGE 988-2237 ▲ BURGER KING 988-4412 ■ CHAPEL 987-6014 ▲ CDC 987-6130 ● CLASS SIX EXPRESS 988-1130 ● CLEANERS 983-1616 ● COMMISSARY 987-6990 	<ul style="list-style-type: none"> ● DINING FACILITY 987-3071 ■ FAMCAMP 987-3365 ▲ FINANCE 987-4174 ▲ FITNESS CENTER 987-7716 ● HANGAR 1080 987-5555 ● LAKESIDE EXPRESS 988-4841 ▲ LEGAL OFFICE 987-7886 ▲ LIBRARY 987-6979 ● MILITARY CLOTHING 987-3250 ▲ MPF 987-6831 ■ OPTOMETRY 983-0106 	<ul style="list-style-type: none"> ▲ OUTDOOR REC 987-3365 ■ PLAYGROUNDS 987-3365 ● PRECISION AUTO TUNE 232-7205 ▲ PUBLIC AFFAIRS 987-6744 ■ RETIREE CENTER 987-6095 ▲ SKILLS CENTER 987-6808 ▲ STRIKE ZONE 987-3338 ▲ UNIVERSITY CENTER 987-3417 ▲ WALLY'S JAVA 987-4133 ▲ WELCOME CENTER 987-1772 ■ YOUTH CENTER 987-6355
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RESTRICTED BASE ACCESS: TRUSTED TRAVELER AND VISITOR PASSES SUSPENDED
 For details visit www.littlerock.af.mil/coronavirus/

[Click here for latest update](#)



Safety Highlights

Critical Days of Summer

Every year, Memorial Day weekend kicks off the summer season, which means vacation travel and lots of outdoor activities. #criticaldaysofsummer For many, this may be trips to the beach or the mountains, home repairs, yard work such as mowing and trimming, grilling, camping, camp fires, hiking, boating, fishing, swimming, extreme sports, motorcycle/ATV

Courtesy of the 913th Safety Office

riding, sun tanning, etc. Fortunately, within Arkansas, the "Natural State," we can do all of these things. #lakelife

Before traveling, ensure your vehicle is prepped for the road from the oil to the tires and everything in between. Plan your route and ensure you inform someone (family, friend or

co-worker) of your route. With travel comes traffic, so start the drive well-rested, prepared and organized.

The warm weather is bringing out the pesky little critters, e.g. ticks, spiders, bees, ants, snakes, etc. Cover up and/or use repellents if you anticipate potentially encountering any of these insects. When it comes to snakes, use caution and don't try to handle or go after any snake.

During sun exposure, don't forget to apply sunscreen often throughout the day and cover up using light layers of clothing and wearing a hat. Use of a good after sun moisturizer will help heal slightly sun damaged skin.

For any extreme sports, you'll want to know your limitations and manage your risks by using "GPS," which stands for Gear, Plan and Skills. Do you have the right gear, plan and skills to participate in such activities? #check3



[Click here to read more](#)

OPSEC Highlights

Avoiding Spoofing Scams

Courtesy of FBI

Spoofing

Spoofing is when someone disguises an email address, sender name, phone number, or website URL—often just by changing one letter, symbol, or number—to convince you that you are interacting with a trusted source.

For example, you might receive an email that looks like it's from your boss, a company you've done business with, or even from someone in your family—but it actually isn't.

Criminals count on being able to manipulate you into believing that these spoofed communications are real, which can lead you to download malicious software, send money, or disclose personal, financial, or other sensitive information.

Phishing

Phishing schemes often use spoofing techniques to lure you in and get you to take the bait. These scams are designed to trick you into giving information to criminals that they shouldn't have access to.

In a phishing scam, you might receive an email that appears to be from a legitimate business and is asking you to update or verify your personal information by replying to the email or visiting a website. The web address might look similar to one you've used before. The email may be convincing enough to get you to take the action requested.

But once you click on that link, you're sent to a spoofed website that might look nearly identical to the real thing—like your bank or credit card site—and asked to enter sensitive



information like passwords, credit card numbers, banking PINs, etc. These fake websites are used solely to steal your information.

Phishing has evolved and now has several variations that use similar techniques:

Vishing scams happen over the phone, voice email, or VoIP (voice over Internet Protocol) calls.

Smishing scams happen through SMS (text) messages.

Pharming scams happen when malicious code is installed on your computer to redirect you to fake websites.

Spoofing and phishing are key parts of business email compromise scams.

How to Protect Yourself

Remember that companies generally don't contact you to ask for your username or password.

Don't click on anything in an unsolicited email or text message. Look up the company's phone number on your own (don't use the one a potential scammer is providing), and call the company to ask if the request is legitimate.

Carefully examine the email address, URL, and spelling used in any correspondence. Scammers use slight differences to trick your eye and gain your trust.

Be careful what you download. Never open an email attachment from someone you don't know and be wary of email attachments forwarded to you.

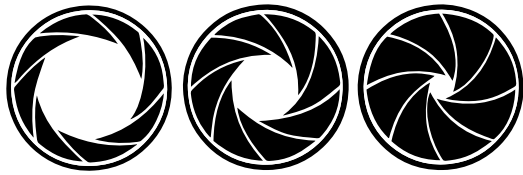
Set up two-factor (or multi-factor) authentication on any account that allows it, and never disable it.

Be careful with what information you share online or on social media. By openly sharing things like pet names, schools you attended, family members, and your birthday, you can give a scammer all the information they need to guess your password or answer your security questions.

[Click here to read more](#)

**...PRACTICE GOOD OPSEC!
"SHRED, ENCRYPT, PROTECT"**

Camera Roll



Click to connect:



Comm: 501-987-6970
DSN: 731-6970

